

eat well, get active and feel good!

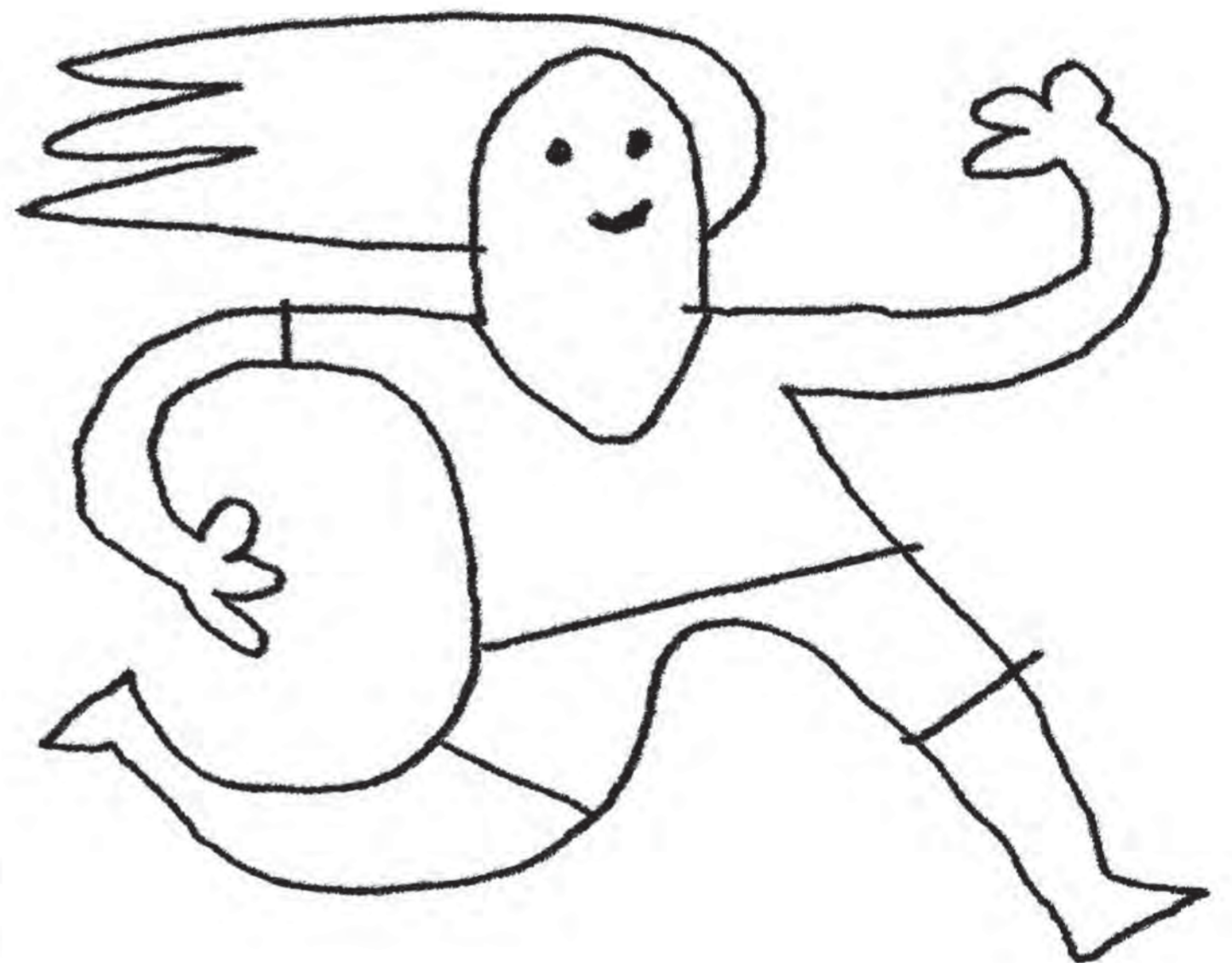
Colour in the three doodles on this poster, then ask your teacher to pin it up on the classroom wall. Use the small steps stickers to decorate the poster every time you complete one week of your personal or class challenge.

small steps 4 life

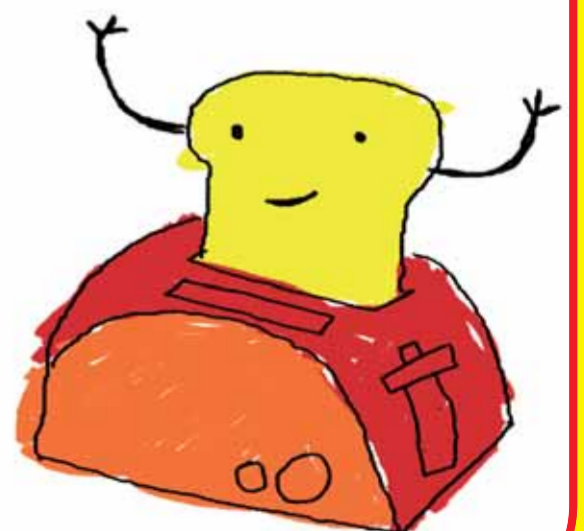
eat well



feel good



get active



FOOD
STANDARDS
AGENCY

inspired by
London
2012

